

## **SPECIFICATION**

### **TITLE OF INVENTION**

0001 Mr. Tyrone Adree Myles, Sr. and Mrs. Chantel Caprice Upshur-Myles are natural citizens of the United States of America and reside at 7609 Lotus Court, Laurel, Maryland 20707. The title of our invention is the "Elliptical Byke".

### **CROSS-REFERENCE TO RELATED APPLICATIONS**

0002 This section is Not Applicable.

### **STATEMENT REGARDING FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT**

0003 This section is Not Applicable.

### **REFERENCE TO SEQUENCE LISTING, A TABLE, OR A COMPUTER PROGRAM LISTING COMPACT DISC APPENDIX**

0004 This section is Not Applicable.

### **BACKGROUND OF THE INVENTION**

0005 The present invention relates generally to exercise machines, more particularly, to exercise machines adapted for the utilization for strength exercises against the body weight of the user, in addition to adding resistance.

0006 A variety of exercise machines have been developed for exercising particular muscles of the human body, and the popularity of exercise apparatuses has increased in light of the recognition of the significant benefits that can result from exercising muscles of the human body. Of the exercise machines that have been developed, a number of them are adapted for exercising the muscles of the upper and lower body parts.

0007 U.S. Pat. No. 6,551,217 to Kaganovsky—Combination Exercise Apparatus, a combination exercise machine including a pair of base slats, which are positional on a recipient surface. The base slats are securable underneath an exercise cycle secured thereto. The pair of tracks is coupled with the pair of base slats opposed from the exercise cycle. The pair of tracks each has a lower end pivotally coupled with the base slats. Each of the tracks has a tread extending upwardly there from. A pair of skis extends between the exercise cycle and the pair of tracks. The pair of skis has inner and

outer ends. The inner ends are coupled with the pair of pedals of the exercise cycle. The outer ends have wheels extending outwardly there from. The wheels slidably couple with the treads of the pair of tracks.

#### BRIEF SUMMARY OF THE INVENTION

0008 The present invention is an exercise machine that would provide a fitness enthusiast with a safe, effective way to tone and strengthen his/her upper and lower body muscles. Kaganovsky' U.S. Pat. No. 6,551,217 machine provides the user with a cross-country skiing aerobic workout only.

0009 The present invention is designed for any user types and more specifically it allows the user to maximize their exercise workout by providing them with more options of either utilizing the elliptical portion (providing the running effect) or the exercise bike portion (providing the cycling effect) of the machine. Both portions provide an exercise workout; when the user feels fatigue from their aerobic workout by using the elliptical portion, they have the luxury of continuing their cardiovascular workout by using the bike portion of the machine while being seated.

#### BRIEF DESCRIPTION OF THE SEVERAL VIEWS OF THE DRAWINGS

0010 Drawing sheet 1 consist of Figure A, which is provided as a side view while standing on the left side of the machine with each component of the invention labeled with numbers 1-10, which are used to identify the parts of the machine as follows: 1) monitor, 2) handlebars, 3) foot plates, 5) handgrips, 6) bike seat, 7) crank system, 8) stands, 9) frame, and 10) foot pedals.

0011 Drawing sheet 2 consist of Figure B, which is provided as a frontal view while standing in front of the machine.

0012 Drawing sheet 3 consist of Figure C, which is provided as a side view while standing on the right side of the machine.

#### DETAILED DESCRIPTION OF THE INVENTION

0013 The present invention consists of The "Elliptical Byke" a combination elliptical machine and exercise bike. This exercise apparatus would include a monitor that would provide readouts of timer, heart rate, stride length, resistance level, calories, and allows for motivational programming by the user. It can be produced from standard components and the display could be mounted at the front of the machine so that it would

be easy for the user to view his/her progress as he/she exercises, while using the elliptical portion. The handlebars are multi-positional allowing the user to change positions while maintaining their level of comfort. The handlebars could be produced from standard components in the industry and covered with foam or rubber cushion. The handlebars could be used in the forward stationery position while the user is holding onto them and receiving a lower body workout only, and also with the handlebars in the alternating forward and reverse motion; would allow the user to exercise both the upper and lower body parts at the same time. The foot plates allow the user to glide alternating each foot backwards and forwards in a running or skiing motion. They could be produced from standard components in the industry and covered with rubber cushion with front and side safety edges and rubber straps to secure the user's feet. The glide flywheel mass provides a smooth elliptical motion and could be produced from standard components in the industry. The handgrips could be produced from standard components in the industry and covered with foam or rubber cushion allowing for the user's comfort while holding onto them when using the bike cycling portion of the machine. The seat could be produced from standard components in the industry and covered with rubber padding for comfort. Its' adjustable seat back allows the user to be seated while using the bike cycling portion of the machine. The three-piece crank system is for added durability with a belt driven mechanism for quiet and smooth bicycling performance. The crank system and belt could be produced from standard components in the industry. The stands could be produced from standard components in the industry and would be placed in the front and rear of the machine to provide overall balance of the machine. The frame could be made of heavy-duty steel or standard components in the industry, which makes for a solid and stable base. The foot pedals could be produced from standard components in the industry and covered with rubber cushion with rubber straps to secure the user feet while pedaling the bike cycling portion of the machine.